



**LIFTON**  
COMMUNITY ACADEMY

# Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamentals -1  Gymnastics -1	Fundamentals -2  Gymnastics	Games (1&2)	Dance	Fundamental Athletics 1	Fundamental Athletics 2
Year 1	Games  Fundamental Movements	Net and wall games  Multi-skills	Gymnastics – Basic Skills  Dance	Games  Gymnastics - Stretching and Curling/ Direction and Pathways	Athletics  OAA	Athletics  Striking and Feilding Games
Year 2 & 3	Football  Tag-Rugby	Hockey  Alternative sports (lacrosse, ultimate frisbee, handball)	Gymnastics -Flight  Netball	Basketball  Dance	Athletics  Net Games (Tennis)	Striking and Fielding Games  OAA
Year 4	Football  Netball	Hockey  Tag Rugby	Gymnastics Asymmetry/Symmetry  Tri Golf	Basketball  Dance	Athletics  Net Games (Tennis)	Striking and Feilding (Cricket)  OAA
Year 5	Netball  Football	Hockey  Tag Rugby	Gymnastics -Partner Sequences  Fit to Learn -Fitness Games/ Circuits	Dance  Fencing / Tri-golf	Athletics  Striking and Feilding (Cricket)	Net Games (Tennis)  Swimming
Year 6	Basketball  Football	Hockey  Handball	Gymnastics – Counter balance  Fit to Learn -Fitness Games/ Circuits	Dance  Fencing	Athletics  Striking and Feilding (Cricket)	Athletics  Net Games (Tennis)